

The NOAA Worklife Center Presents

SKILLS FOR RESILIENT LIVING



# Walking Safe: Street Smart Strategies for Awareness & Self-defense

**It's dangerous out there:  
Assault, car-jacking, robbery, and worse!**

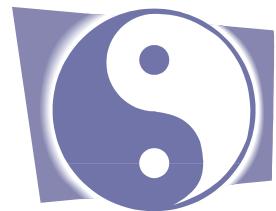
Whether you drive, take public transportation, or just walk, you are concerned about getting safely to and from work, shopping, home, etc.

Regardless of who we are, we can all learn to reduce our chances of becoming a victim, with just a few simple mental strategies and physical techniques.

The NOAA Asian Pacific American Network and the Work/Life Center are pleased to announce a workshop for personal safety and awareness. In this workshop, you will learn to:

- Develop a better awareness of your surroundings
- Project an aura that does not invite attack
- Learn some simple techniques that most of us can do

Our instructor, Michael Veltri, trained in Japan for 10 years, completing a traditional "uchi-deshi" apprenticeship under Iwao Yamaguchi Sensei. He holds a 4th degree blackbelt and teaches Aikido and Zen meditation in Washington, D.C.



Mark your calendar:

**October 4, 2006**

**12:00 -1:00 PM**

**SSMC-3, Conference Room 4527**

Class size is limited so please sign up with [Laura Flynn](#) in the Worklife Center. Please have attendance approved by your supervisor.

